

MEDIA RELEASE

Community Chest funds over \$13m to mental health programmes

NCSS study reveals a spectrum of mental health needs, reinforcing the need for care across all stages.

SINGAPORE, 6 SEPTEMBER 2025 – Community Chest has increased funding for social service programmes that support persons with mental health needs from S\$9.1 million in Financial Year 2022 to S\$13.3 million in Financial Year 2024, reflecting increased mental health support needed in the community. At the annual Community Chest Heartstrings Walk today, Singaporeans united to walk and raised funds in support of communities in need.

2 The National Council of Social Service's (NCSS) 2025 Quality of Life Study¹, which for the first time examined mental health of Singaporeans as a continuum, revealed that individuals' quality of life declines as the severity of symptoms increases – reinforcing the need for care across all stages. The study found that 26% of respondents experience mild depressive or anxiety symptoms, 19% moderate, and 7% severe. Enhancing access to mental health support across all stages, from early intervention to severe cases, plays a crucial role in combating stigma, fostering healthy development, and improving long-term health outcomes.

3 In Financial Year 2024, Community Chest channelled funds to thirteen social service agencies (SSAs) supporting mental health programmes across the entire mental health spectrum, from early intervention and prevention to crisis support (refer to Annex A for the list of agencies and programmes). One such Community Chest-funded programme is the Suicide Crisis Intervention Programme by Samaritans of Singapore. The SOS hotline is a 24-hour hotline in Singapore that offers support to those facing crises or contemplating suicide. Over 89% of callers reported feeling less distressed after using the service. NCSS also is building support for addiction services, with Community Chest funding programmes under WE CARE that address emerging behavioural addictions. Through Community and corporate contributions have helped the SSAs to continue to run rehabilitation and counselling services, including support to secure and sustain employment.

4 Several organisations have partnered with Community Chest to rally wider community support in uplifting lives. Long-term partner Marina Bay Sands and Community Chest held the annual Heartstrings Walk, attracting more than 3,000 participants comprising members of the public, other like-minded corporates and SSAs. Guest-of-Honour Mr Masagos Zulkifli, Minister for Social and Family Development, flagged off the walk. The Vertical Marathon, held in the morning, brought together over 40 teams from corporates, public agencies, and SSAs,

¹ The Quality of Life study was administered to 6,700 Singapore residents aged 18 and above from April to May 2025 via an online survey. It assessed mental health symptoms using the PHQ-9 and GAD-7 screeners, and measured quality of life using the WHOQOL-BREF. The survey captures the distribution of mental health needs across a spectrum (mild, moderate, severe), and examines their relationship with employment status, formal diagnosis, and quality of life indicators.



including individual participants, who scaled 57 levels to the top of the Sands SkyPark.

5 In addition, philanthropic organisation Li Foundation and Zephr Running Club organised a national 600km relay that 60 teams ran in 60 hours, with the final team completing their leg at the Heartstrings Walk event. Named Relay SG60 by Relay Majulah, it was flagged off by Minister of State for Social and Family Development Mr Goh Pei Ming. As part of their sustainable philanthropy efforts, Marina Bay Sands and Li Foundation also pledged their multi-year partnership with Community Chest.

6 "Mental health support is critical. As sector developer, NCSS identifies emerging social needs, with Community Chest raising funds to address them. Our study confirms that quality of life declines with symptom severity, showing why we need care across all recovery stages. Mental health funding has grown from \$9.11 million in 2022 to \$13.35 million in 2024. Strong corporate and community partnerships, supported by sustained giving, help us make a real difference to lives," said Anita Fam, President of the National Council of Social Service.

7 "Marina Bay Sands is proud to once again co-organise the Community Chest Heartstrings Walk, reaffirming our commitment to uplifting individuals and families in need across Singapore. This initiative is part of our three-year pledge of S\$750,000 to Community Chest, which also unlocks the *SG Gives Matching Grant* to support broader national social and community programmes during this SG60 milestone year. In conjunction with the 11th edition of our Sands for Singapore Charity Festival, we are committed to contribute to efforts that foster unity and strengthen Singapore's community spirit. As Singapore continues to grow and evolve, we hope more individuals will be inspired to step forward and make a meaningful difference," said Mr. Paul Town, Chief Operating Officer of Marina Bay Sands.

8 This SG60, the impact of donations made to Community Chest will be amplified with every dollar matched by the Government under the SG Gives matching grant. To encourage sustained giving among large donors, donations of \$250,000 or more per year over three years will be matched with \$1.50 for every \$1.

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Annex A – List of agencies and mental health programmes supported by Community Chest in FY24

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About Community Chest

As the philanthropic arm of National Council of Social Service, Community Chest has been uniting the community to mobilise resources and raise funds for those in need since 1983. Community Chest supports more than 200 critical programmes to meet underserved and critical social needs. As our fundraising and operating costs are covered mainly by Tote Board, 100% of your contributions goes towards empowering the lives of adults with disabilities, children with special needs and youth-at-risk, persons with mental health conditions, and families and seniors in need of support.

For more information about Community Chest, visit www.comchest.gov.sg.

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Annex A – List of agencies and mental health programmes supported by Community Chest in FY24

Agency Name	Programme Name
Care Corner Singapore Ltd	Care Corner Counselling Centre
Mindfull Community Limited (previously known as Caregivers Alliance Limited)	Engagement-to-Empowerment Programme (E2E)
	Caregivers-to-Caregivers Programme (C2C)
Club HEAL	Our HEALing Voice
Counselling and Care Centre	Counselling and Care Centre
Eagles Mediation & Counselling Centre Ltd	EMCC Counselling and Psychotherapy
Persatuan Pemuda Islam Singapura (PPIS)	SYM Academy (Therapy Services)
Ramakrishna Mission	Family Support and Counselling Programme
Samaritans Of Singapore Limited	Samaritans of Singapore Suicide Crisis Intervention Programme
	SOS Care Text
	Local Outreach to Suicide Survivors (LOSS)
Shan You	Shan You Counselling & Casework
Singapore Anglican Community Services	Integrated Employment Services
Singapore Association for Mental Health	SAMH Youthreach
	Mindset Learning Hub
	SAMH Group Homes
	SAMH Oasis Day Centre
	SAMH Insight Centre
TOUCH Community Services Limited	Live On!
WE CARE Community Services Limited	Sober Living Framework

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